

10 Contraindicated / Ineffective Stretches

This handout provides an outline of bad or contraindicated stretches. They either don't do a good job stretching the muscles, or they have potential to do harm. If you are currently doing them, please consider replacing them with the stretches listed on the NEHC Recommended Stretches Handout.



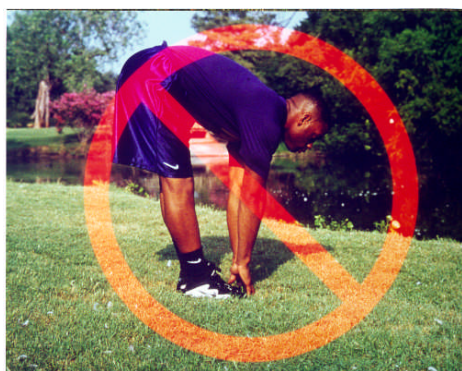
Hurdler's Stretch



Seated Hamstring Stretch
with Both Legs Extended



Quadricep Stretch
With Both Knees Flexed



Standing Hamstring



Yoga Plow Stretch



Full Head Circles



Windmills



Donkey Kicks



Deep Knee Bends